Labor Day Recreation And Off-Duty Safety Brief

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The Role Of Alcohol
FY 99-03

Alcohol affects judgment and reflexes

29% Alcohol-Related In Sailors Recreation And Off-Duty Fatalities

Carbon Monoxide Poisoning

Hazards	Controls
❖Missing Co Alarm	Install Alarm
❖Fresh Make-up Air Vent Closed, Faulty Furnace, ❖Blocked Chimney Flue	Establish Appropriate PM Schedule - QA Work
❖Fuel Space Heaters	Disallow Use In Quarters
❖Dirty/Clogged Air Filters	Change Filters Quarterly (Monthly For Pets)
❖Return Air Vent Obstructed	Keep Furniture Away From Vents

Ladder Safety

- Use the right ladder for the job
- Inspect before use
- Metal ladder + electricity = death
- For every 4 ft of the ladder’s length you must come out 1 ft from the wall

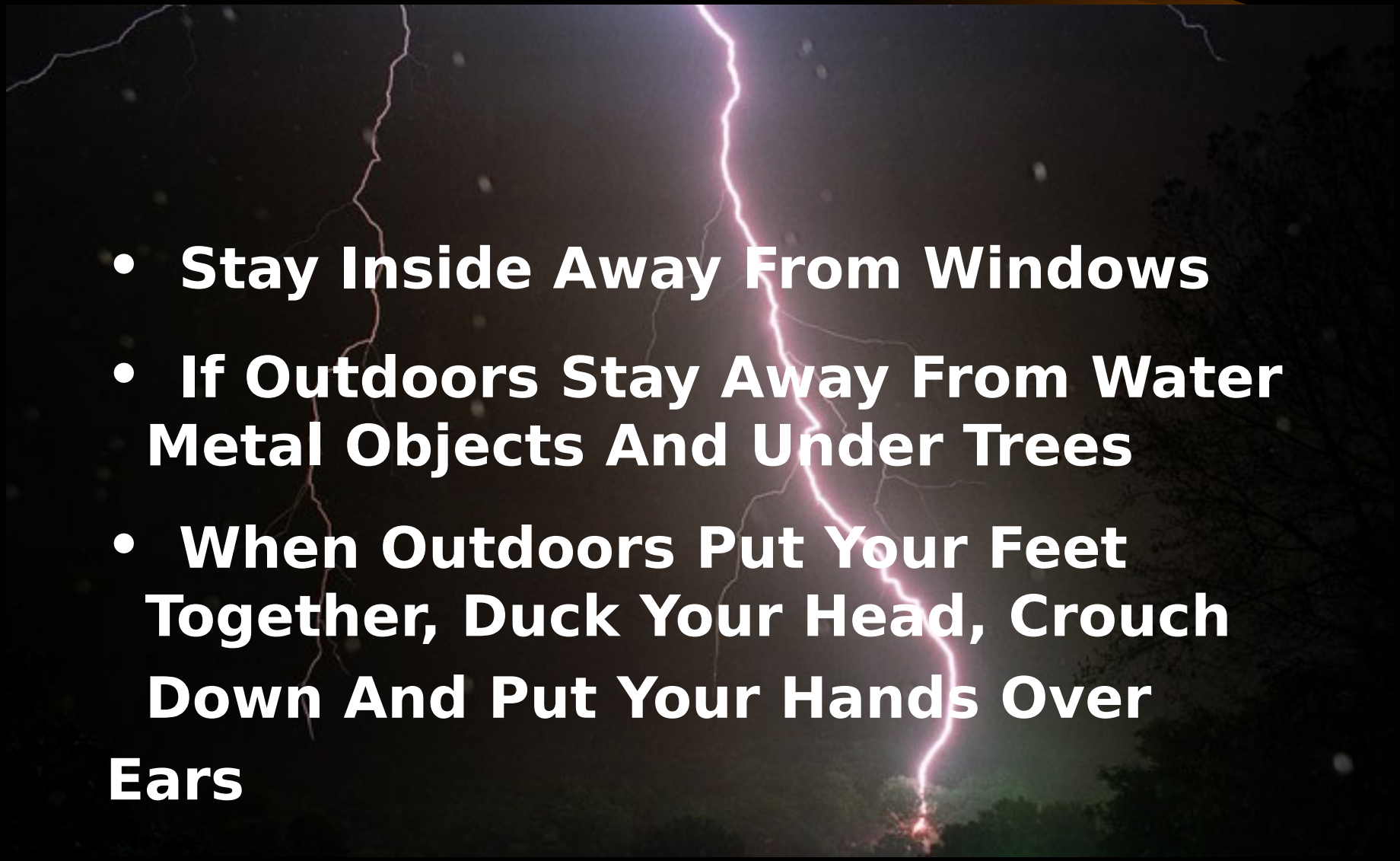
Home Maintenance

- Follow the Manufacturer's Safety Recommendations
- Inspect Power Cords for Cuts, Frays and Broken Plugs
- Use PPE

Barbecuing Safety

- **Well Ventilated Areas Outdoors**
- **Approved Lighter Fluids, No Gasoline**
- **Stand Upwind When Lighting Grill**
- **For Propane Grills, Open Grill Cover Before Lighting**
- **After Cooking, Shut The Propane Bottle Valve Off & Let The Gas In The Lines Burn Out**

Lightning Kills



- Stay Inside Away From Windows
- If Outdoors Stay Away From Water Metal Objects And Under Trees
- When Outdoors Put Your Feet Together, Duck Your Head, Crouch Down And Put Your Hands Over Ears

Swimming Safety

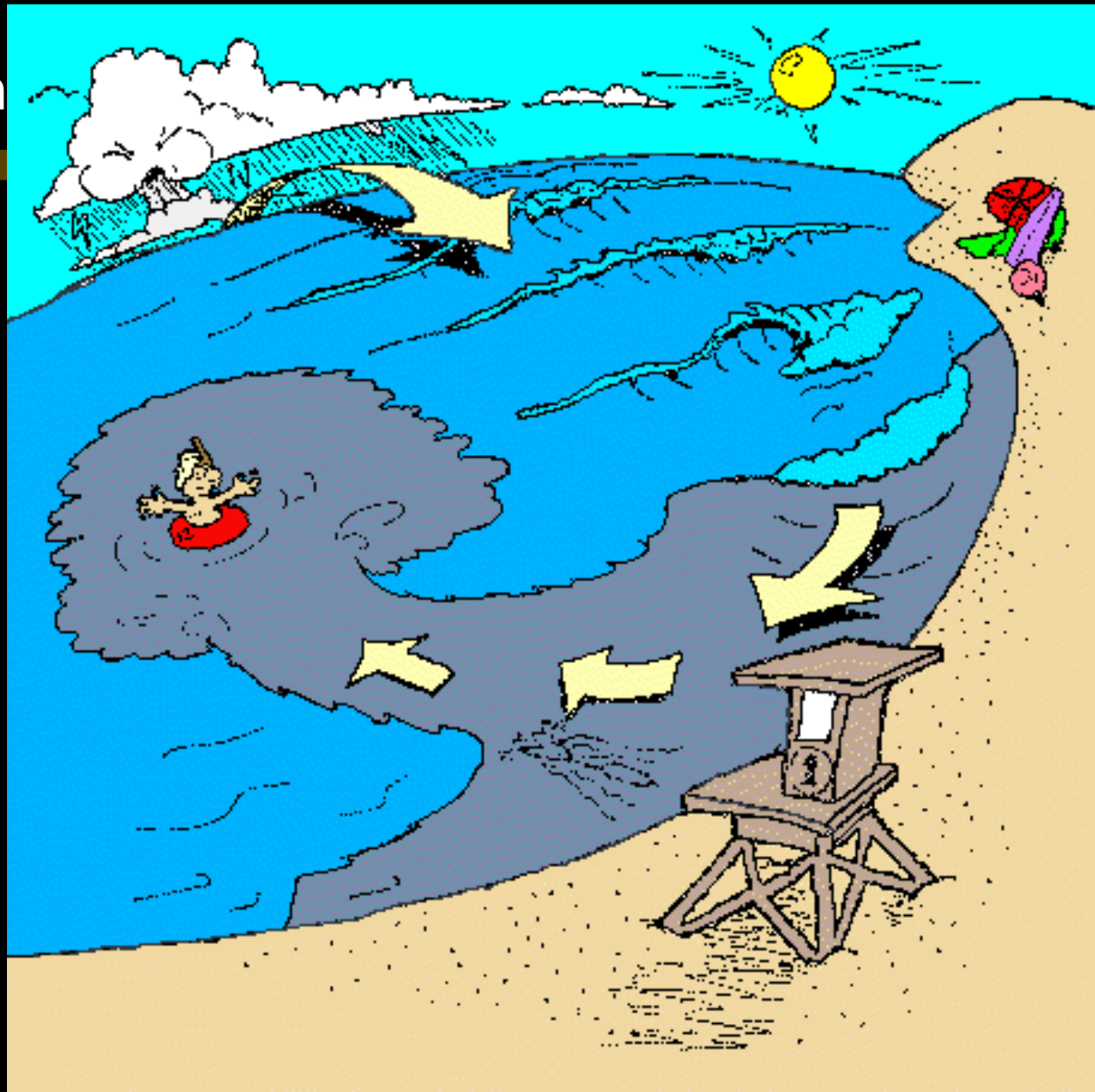
- Know How To Swim
- Swim With A Friend
- Swim In Areas With Life Guards
- No Hyperventilating & Extended Breath-Holding Technique
- Look Before You Leap

Beware Of Rip Currents

If you find yourself caught in a RIP CURRENT, turn and swim PARALLEL to the shore line.

Once out of the stronger current turn and swim into shore.

If you attempt to swim against the RIP CURRENT, you will most likely succumb to



SCUBA Diving Safety

- Certification
- Dive Tables
- Dive With A Buddy
- Two-thirds Rule
- Guidelines For Specialized Diving
- Hand Signals

Preventing Boating_ Accidents

- Take A Safe Boating Course

(Call 1-800-368-5647)

- Monitor Weather Conditions
- Wear PFDs
- Load Capacity
- Float Plan
- Keep Clear Of Swimming And Diving Areas
- Non-Alcoholic Beverages
- Safety Equipment

Fall Fishing Can Be Deadly

- Keep Clothing On
- Avoid Thrashing Around
- Wear A PFD
- If Boat Capsizes Climb Back Into Or On Top

Personal Watercraft (PWC) Safety

- **Safety Training**
- **Dead Man Switch**
- **PFD**
- **No Wave Jumping**
- **Do Not Ride In**

  Swim Areas
- **Do Not Exceed**

  Posted Speed Limit
- **Observe Safety Rules**

Prevent Hunting Mishaps

Hazards

- **Inexperience**
- **Not Visible**
- **Accidental Discharge**
- **"In Harms Way"**
- **Falls From**

Controls

Hunter's Safety Course

Wear Blaze Orange

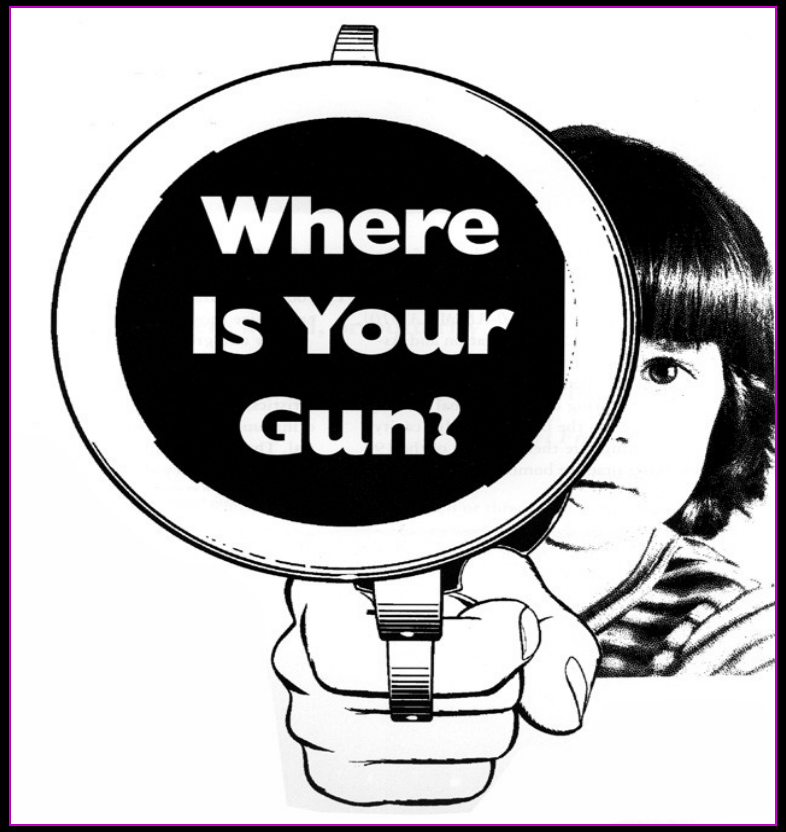
Separate Guns & Ammo

If In Doubt Don't Shoot

Inspect Stands – Use Harness

Small Arms Safety

- Small Arms Safety Course
- Assume Firearms Are Loaded
- Know Your Target
- Separate Guns And Ammo



Basketball

Hazards

- Poor Conditioning
- Skill Level
- Lack Of PPE
- Violation Of Rules

Controls

Warm-Up/Cool Down

Play Within Your Ability

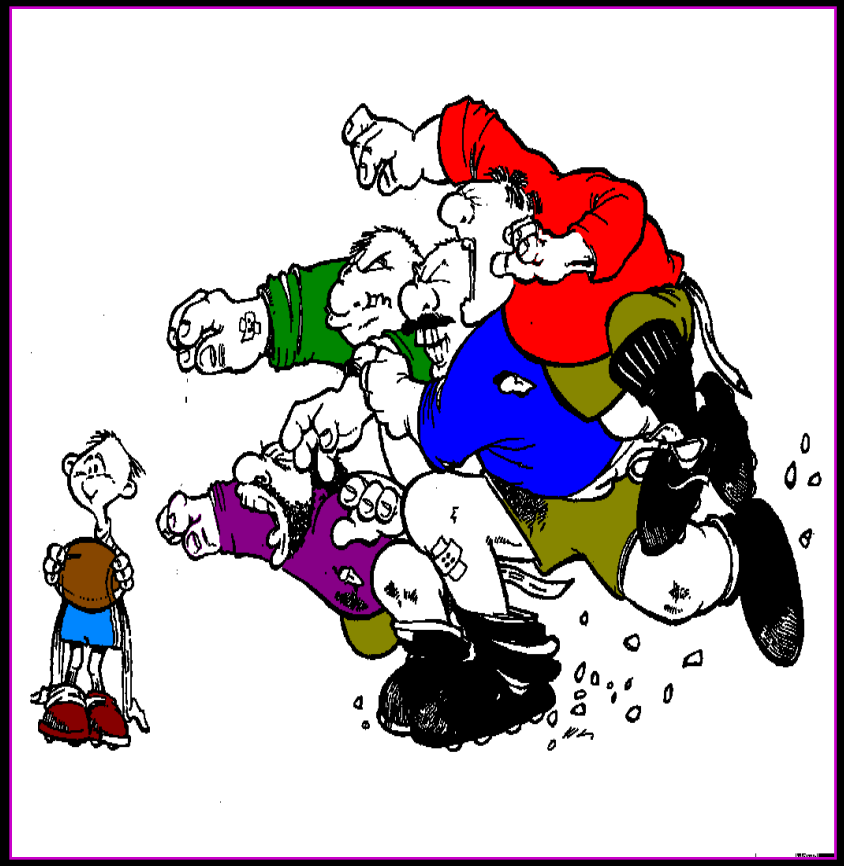
Appropriate Shoes
Elbow/Knee Pads
Mouth Piece

Remove Jewelry/
No Horseplay

Wipe Off Moisture

Flag Football

- Billed Caps Prohibited
- Block Between Shoulders And Waist
- Fumbles Can Not Be Advanced
- Rubber Cleats Or Tennis Shoes



Soccer Safety

- Ensure You Stretch Adequately
- Goal Posts Anchored
- Wear Appropriate Shoes
- Shin Guards
- Drink Plenty Of Water
- No Unsportsmanlike Conduct

Racquetball Safety

- **Wear Eye Protectors With Lenses Made of Polycarbonate**
- **Ensure Playing Surface Isn’t Slippery**

Weight Lifting

- Warm-up
- Spotter
- Collars
- Always Use Proper Form When Lifting
- Store Weights After Use

Busted On Base

Jogging Safety

- Reflective Gear
- No Listening Devices
- Jog Against Traffic
- Drink Plenty Of Fluids

Camping Safety

- CHECK WEATHER FORECASTS BEFORE YOU LEAVE
- WATER-REPELLANT AND WIND-RESISTANT MATERIAL FOR TENTS AND SLEEPING BAGS
- WEAR PROPER FITTING LAYER CLOTHING, BOOTS & CAP
- INSECT REPELLANT AND MOSQUITO NETTING
- COOLER FOR PERISHABLE FOODS
- NO COMBUSTIBLE MATERIALS WITHIN 10 FEET OF CAMPFIRE
- STAY ON MARKED TRAILS

Brown Recluse Spider

- Midwest and Southern States
- 1/4 to 3/4 inches in length (dime to quarter size)
- Tan to dark brown in color
- “Violin/Fiddle” marking
- Lives indoors or outdoors
- Severity of bite may vary
- Seek medical attention

Rock Climbing Safety

- Training
- Buddy System
- Weather Conditions
- Helmet
- Safety Equipment

Off-Road Driving Safety

- Required Training
- PPE
- Familiar With Equipment
- Stay on Designated Trails
- No Alcohol

Rocking A Drink Machine May Cost You More Than A Soda

5 Step Process

1. Identify Hazards

2. Assess Hazards

3. Make Risk

4. Implement Controls

5. Supervise

Questions ?

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